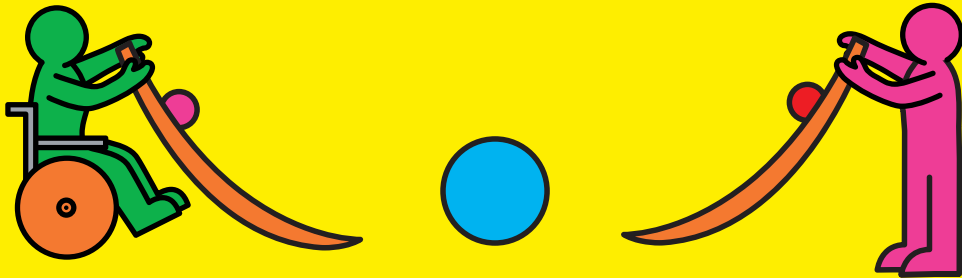


down the chute

Get as close to the target
as you possibly can!



Supporting your school to provide 30 of the daily 60 active minutes recommended

how to play



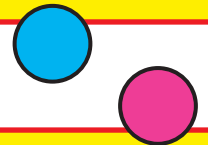
Divide the group into teams. Each team has four 'roller balls' (different colours for each team.) Place the 'jack' - a balloon ball - in the middle and you're ready to play.

Each team takes it in turn to roll their 'roller ball' down a chute at least three metres from the jack to land as close to it as possible: you'll need to be clever to judge the required speed, type of movement and distance. It's ok to knock your opponent's roller balls out of the way! Is your team's roller ball closest to the jack at the end? Congratulations, you've won!

Safety: select suitable 'roller balls'. Remind players about their posture and creating a stable base with legs and feet when using the chute.

equipment

Balls to roll in different colours, balloon ball, a chute.



sporting connection



This activity helps you aim more accurately, judge distance and stay focused. They're all skills that can make you a winner in the bowling sport, boccia, which is part of the Paralympics.

did you know?

Boccia is the only sport where males, females, disabled and able bodied people all compete together on equal terms.

wider club activities

down the chute

Skills	Example
Thinking me	We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?
Social me	Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.
Healthy me	Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.
Physical me	During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.
Creative me	During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

space

Make the play area smaller/larger

Some players can be closer or further away from the jack

task

Raise and lower the chute to alter the speed and accuracy of the aim

Award points for hitting the jack
Award points for keeping the roller balls in the play area

Progress to players propelling the ball in any way, e.g. throwing or pushing it with their feet

equipment

Use a variety of different shaped and sized balls

Change the size of the jack to make it easier/harder to reach

people

Play as an individual

Play as a team

Provide roles within the team, e.g. chute aimer and roller, to encourage teamwork and communication